



Penguin Pipeline

April 2009 Newsletter

In this edition of the Penguin Pipeline:

- Notes from Management
- USA Swimming Rule Changes
- Junior Olympics
- Masters' Report
- Coaches Corner
- Upcoming Meets
- Friendship through sport
- Penguin Bulletin Board
- New Practice schedule
- Penguins Directory

Notes from Management:

- Volunteers! - A couple of new volunteers to recognize and a couple of new volunteer opportunities.

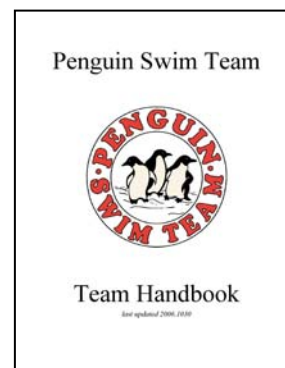
First, at the March general membership meeting, a number of new Penguin parents suggested that the whole registration/workout/meet signup process can be a little daunting (so what is the difference between the USA Swimming Registration and the Penguins registration anyway?). From that question came the idea of age-group parent mentors. Two wonderfully active parents stepped forward to begin our parent mentor program: Betsy Naramore (274-1243, betsy@abetterprocess.com) for Rockhoppers and Blues and Peggy Arenchild (265-2467, arenchild@msn.com) for Royals and Kings.

Next, also from the general meeting, came the idea of a swim-a-thon fundraiser. Swim-a-thons can be great fundraisers to keep the price of our dues down and they are also fun for the swimmers. Raise money for the team ... keep your dues down ... wear out your swimmers so they are too tired to get into any other kind of trouble What could be better? Teri Polcene King has graciously volunteered to chair a committee to put this on and is looking for other volunteers. (The date TBA). Please contact Teri at 272-3552 or rolterking@ca.rr.com to help with this fun event. (Editor - all the fun jobs are still available. If you wait, you run the risk of being recruited for a really crummy job. Act now!)



With all this activity coming out of the general membership meeting, don't you think you should be there next time?

- One more volunteer opportunity - Would you like to help out, but don't really like working with others and need to be able to volunteer at your own schedule? Have we got an opportunity for you. We are updating the Penguins Handbook, and have compiled a list of comments that need to be incorporated into the document. If you are interested in helping, contact Steve Castleberry at castleberry@sbcglobal.net.
- March Penguins Board of Director's Meeting - interesting highlights from the last Board meeting.



The cover for the thermostat in the girls' locker room has been fixed, so the heat can't manually be turned up to 300 degrees by cold swimmers (thereby bankrupting the club from huge heating

bills). Note to you female swimmers: your teammates will rat you out in a heartbeat if you try it again.

The Board established a training fund for our coaches. As if our coaches aren't already the best around, Jeff and Heidi will be putting together a training program to stay up on the latest and greatest coaching techniques.

We will be certifying a backup coach or two to cover workouts when other coaches are at meets/sick/other. One of the first new backup coaches will be Seth's sister, Stacy.

We now have 40 masters and are getting a few new ones each month. We got 2 new ones this month. See below for more Master's information.

USA Swimming (and local) Rule Changes

Effective March 18, 2009, the use of more than one swimsuit at a time during any USA Swimming sanctioned or approved competition is prohibited. This rule applies to all age groups and both genders.

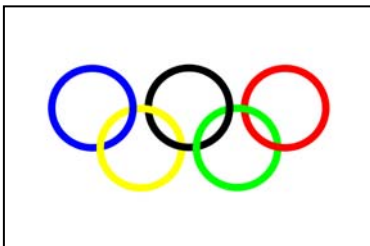
Effective May 15, 2009, swimsuits worn for all 12 & under age group defined competition shall not cover the neck, extend past the shoulder, nor past the knee. This rule applies to 12 and under age swimmers only.

Effective May 1, 2009, racing starts should only be taught under the direct supervision of a USA Swimming member coach. No swimmer who has not been certified as proficient by his or her coach should be performing racing starts into less than six feet of water.

Finally, there are new time standards going into effect for our LSC (see Bulletin Board for definition more information on our LSC). Effective April 1, 2009 we have new age group time standards, that will be in effect until March 31, 2013 (see below).

Junior Olympics

The Penguins had eight representatives at the Junior Olympics in March this year. To make JOs, swimmers had to have qualifying "BB" times (see below). This is no minor feat for age group swimmers as these times are blazing, and for a small club like our Penguins, eight JO swimmers is fantastic.



Coach Heidi speculates that, if the Minden hadn't

snowed out, we would have increased that number. Congrats to McKenna Toles, Ben McLain, Haley Chase, Marina McKenzie, Dominic Guliani, Parker Rhodes, and Kala Kleiber, and Monica Haulman.



2009-2012 National Age Group Motivational Times

9/12/2008

Short Course Yards

B Min	BB Min	A Min	AA Min	AAA Min	AAAA Min	AAAA Min	AAA Min	AA Min	A Min	BB Min	B Min	
10 & Under Girls						10 & Under Boys						
39.79*	35.99*	32.19*	30.89*	29.59*	28.29*	50 Y Free	27.99*	29.19*	30.39*	31.59*	35.19*	38.89*
1:31.29*	1:21.59*	1:11.89*	1:08.69*	1:05.39*	1:02.19*	100 Y Free	1:01.49	1:04.59	1:07.69	1:10.79	1:19.99	1:29.19
3:20.19	2:58.29	2:36.39	2:29.09	2:21.79	2:14.39	200 Y Free	2:12.89	2:19.29	2:25.59	2:31.89	2:50.89	3:09.89
8:30.49	7:39.49	6:48.39	6:31.39	6:14.39	5:57.39	500 Y Free	5:54.09	6:10.89	6:27.79	6:44.59	7:35.19	8:25.79
48.79*	43.49	38.09*	36.39	34.59	32.79	50 Y Back	32.79*	34.59*	36.49*	38.29*	43.69*	49.19*
1:45.69	1:33.99	1:22.19	1:18.29	1:14.39	1:10.49	100 Y Back	1:10.49*	1:14.09*	1:17.69*	1:21.29*	1:32.09*	1:42.89*
53.59	47.79	41.99	40.09	38.19	36.29	50 Y Breast	36.49*	38.39*	40.29*	42.19*	47.89*	53.59*
1:59.99	1:46.69	1:33.39	1:28.89	1:24.49	1:19.99	100 Y Breast	1:19.79*	1:23.79*	1:27.79*	1:31.79*	1:43.69*	1:55.69*
48.79	42.99	37.29	35.29	33.39	31.49	50 Y Fly	31.29	33.09	34.89	36.69	41.99	47.29
1:57.49	1:42.09	1:26.69	1:21.59	1:16.49	1:11.29	100 Y Fly	1:10.79*	1:15.69*	1:20.59*	1:25.59*	1:40.39*	1:55.19*
1:44.99*	1:33.79*	1:22.59*	1:18.89*	1:15.19*	1:11.49*	100 Y IM	1:10.89*	1:14.29*	1:17.69*	1:21.09*	1:31.19*	1:41.29*
3:42.69	3:19.39	2:55.99	2:48.19	2:40.39	2:32.69	200 Y IM	2:32.49	2:40.09	2:47.69	2:55.29	3:18.09	3:40.89
11-12 Girls						11-12 Boys						
34.29*	31.89*	29.49*	28.29*	27.09*	25.99*	50 Y Free	25.09	26.19	27.39	28.59	30.99	33.39
1:13.59	1:08.29	1:03.09	1:00.49	97.79	95.19	100 Y Free	54.79*	57.39*	59.99*	1:02.69*	1:07.89*	1:13.09*
2:43.19*	2:31.49*	2:19.89*	2:14.09*	2:08.19*	2:02.39*	200 Y Free	1:59.19*	2:04.89*	2:10.49*	2:16.19*	2:27.49*	2:38.89*
7:10.79	6:40.09	6:09.29	5:53.89	5:38.49	5:23.09	500 Y Free	5:19.09	5:34.29	5:49.49	6:04.69	6:35.09	7:05.49
15:00.29*	13:55.99*	12:51.69*	12:19.49*	11:47.39*	11:15.19*	1000 Y Free	11:07.59*	11:39.29*	12:11.09*	12:42.89*	13:46.49*	14:50.09*
25:16.19*	23:27.89*	21:39.59*	20:45.49*	19:51.29*	18:57.19*	1650 Y Free	18:43.09*	19:36.59*	20:30.09*	21:23.59*	23:10.49*	24:57.49*
39.59*	36.79*	33.89*	32.49*	31.09*	29.69*	50 Y Back	28.99*	30.49*	31.99*	33.49*	36.49*	39.49*
1:27.99*	1:21.09*	1:14.19*	1:10.69*	1:07.29*	1:03.79*	100 Y Back	1:02.19	1:05.59	1:08.89	1:12.29	1:19.09	1:25.79
3:01.89*	2:48.89*	2:35.89*	2:29.39*	2:22.99*	2:16.49*	200 Y Back	2:13.79*	2:20.19*	2:26.49*	2:32.89*	2:45.59*	2:58.39*
44.09*	40.89*	37.79*	36.19*	34.59*	33.09*	50 Y Breast	32.09*	33.79*	35.59*	37.29*	40.79*	44.29*
1:36.39	1:29.29	1:22.19	1:18.59	1:15.09	1:11.49	100 Y Breast	1:09.69*	1:13.29*	1:16.89*	1:20.49*	1:27.79*	1:35.09*
3:26.39*	3:11.69*	2:56.89*	2:49.59*	2:42.19*	2:34.79*	200 Y Breast	2:31.29*	2:38.49*	2:45.69*	2:52.89*	3:07.29*	3:21.69*
37.79*	35.09*	32.39*	31.09*	29.69*	28.39*	50 Y Fly	27.59*	29.09*	30.59*	32.09*	35.19*	38.19*
1:27.19*	1:20.19*	1:13.19*	1:09.79*	1:06.29*	1:02.79*	100 Y Fly	1:01.09*	1:04.59*	1:08.19*	1:11.69*	1:18.69*	1:25.79*
3:04.99*	2:51.79*	2:38.59*	2:31.99*	2:25.39*	2:18.79*	200 Y Fly	2:15.89*	2:22.39*	2:28.79*	2:35.29*	2:48.29*	3:01.19*
1:26.29*	1:20.09*	1:13.99*	1:10.89*	1:07.79*	1:04.69*	100 Y IM	1:02.39*	1:05.39*	1:08.49*	1:11.49*	1:17.59*	1:23.69*
3:03.79*	2:50.69*	2:37.59*	2:30.99*	2:24.39*	2:17.89*	200 Y IM	2:14.99*	2:21.79*	2:28.69*	2:35.59*	2:49.39*	3:03.09*
6:32.19*	6:04.19*	5:36.09*	5:22.09*	5:08.09*	4:54.09*	400 Y IM	4:47.79*	5:01.49*	5:15.19*	5:28.89*	5:56.29*	6:23.69*
13-14 Girls						13-14 Boys						
33.39	30.99	28.69	27.49	26.29	25.09	50 Y Free	22.99*	24.09*	25.19*	26.29*	28.49*	30.69*
1:12.49*	1:07.39	1:02.19	99.59	96.99*	94.39*	100 Y Free	50.29*	52.69*	55.09*	57.39*	1:02.19*	1:06.99*
2:36.09*	2:24.99*	2:13.79*	2:08.19*	2:02.69*	1:57.09*	200 Y Free	1:49.59*	1:54.79*	1:59.99*	2:05.29*	2:15.69*	2:26.09*
6:51.79	6:22.39	5:52.99	5:38.29	5:23.49	5:08.79	500 Y Free	4:53.29*	5:07.29*	5:21.29*	5:35.19*	6:03.19*	6:31.09*
14:08.89	13:08.29	12:07.59	11:37.29	11:06.99	10:36.69	1000 Y Free	10:09.39*	10:38.39*	11:07.39*	11:36.39*	12:34.39*	13:32.49*
23:34.19	21:53.19	20:12.19	19:21.69	18:31.19	17:40.69	1650 Y Free	16:51.29*	17:39.39*	18:27.59*	19:15.69*	20:51.99*	22:28.29*
1:19.89*	1:14.19*	1:08.49*	1:05.59*	1:02.79*	99.89*	100 Y Back	56.19*	58.89*	1:01.49*	1:04.19*	1:09.59*	1:14.89*
2:51.79	2:39.59	2:27.29	2:21.19	2:14.99	2:08.89	200 Y Back	2:00.99*	2:06.69*	2:12.49*	2:18.19*	2:29.79*	2:41.29*
1:30.59*	1:24.09*	1:17.59*	1:14.39*	1:11.19*	1:07.89*	100 Y Breast	1:03.09*	1:06.09*	1:09.09*	1:12.09*	1:18.09*	1:24.09*
3:14.59*	3:00.69*	2:46.79*	2:39.79*	2:32.89*	2:25.89*	200 Y Breast	2:16.79	2:23.29	2:29.79	2:36.29	2:49.39	3:02.39
1:19.09*	1:13.49*	1:07.79*	1:04.99*	1:02.19*	99.39*	100 Y Fly	54.99*	57.59*	1:00.29*	1:02.89*	1:08.09*	1:13.29*
2:53.39	2:40.99	2:28.59	2:22.39	2:16.29	2:10.09	200 Y Fly	2:02.79*	2:08.59*	2:14.39*	2:20.29*	2:31.99*	2:43.69*
2:55.49*	2:42.99*	2:30.49*	2:24.19*	2:17.89*	2:11.69*	200 Y IM	2:02.79*	2:08.59*	2:14.39*	2:20.29*	2:31.99*	2:43.69*
6:10.79*	5:44.29*	5:17.79*	5:04.59*	4:51.29*	4:38.09*	400 Y IM	4:22.89*	4:35.49*	4:47.99*	5:00.49*	5:25.49*	5:50.59*
15-16 Girls						15-16 Boys						
32.69*	30.39*	27.99*	26.89*	25.69*	24.49*	50 Y Free	22.19	23.19*	24.29	25.29*	27.39*	29.49*
1:10.89*	1:05.79*	1:00.79*	98.19*	95.69*	93.19*	100 Y Free	48.29*	50.59*	52.89*	55.19*	59.79*	1:04.39*
2:32.09*	2:21.19*	2:10.39*	2:04.89*	1:59.49*	1:54.09*	200 Y Free	1:45.09*	1:50.09*	1:55.09*	2:00.09*	2:10.09*	2:20.09*
6:45.29*	6:16.29*	5:47.39*	5:32.89*	5:18.49*	5:03.99*	500 Y Free	4:43.79*	4:57.29*	5:10.79*	5:24.29*	5:51.29*	6:18.39*
13:55.19	12:55.49	11:55.89	11:25.99	10:56.19	10:26.39	1000 Y Free	9:48.19	10:16.19	10:44.19	11:12.19	12:08.19	13:04.19
23:18.79	21:38.89	19:58.89	19:08.99	18:18.99	17:29.09	1650 Y Free	16:26.99	17:13.99	18:00.99	18:47.99	20:21.89	21:55.89
1:17.69*	1:12.09*	1:06.59*	1:03.79*	1:00.99*	98.29*	100 Y Back	53.49*	55.99*	58.59*	1:01.09*	1:06.19*	1:11.29*
2:47.89*	2:35.89*	2:23.89*	2:17.89*	2:11.89*	2:05.89*	200 Y Back	1:55.79*	2:01.29*	2:06.79*	2:12.39*	2:23.39*	2:34.39*
1:28.29*	1:21.99*	1:15.69*	1:12.49*	1:09.39*	1:06.19*	100 Y Breast	1:00.29*	1:03.19*	1:05.99*	1:08.89*	1:14.69*	1:20.39*
3:09.99*	2:56.39*	2:42.79*	2:35.99*	2:29.29*	2:22.49*	200 Y Breast	2:11.39	2:17.59	2:23.89	2:30.09	2:42.59	2:55.09
1:17.39*	1:11.79*	1:06.29*	1:03.59*	1:00.79*	97.99*	100 Y Fly	52.59*	55.09*	57.59*	1:00.09*	1:05.09*	1:10.09*
2:48.59*	2:36.49*	2:24.49*	2:18.49*	2:12.39*	2:06.39*	200 Y Fly	1:56.69*	2:02.29*	2:07.79*	2:13.39*	2:24.49*	2:35.59*
2:51.49*	2:39.29*	2:26.99*	2:20.89*	2:14.79*	2:08.69*	200 Y IM	1:58.29*	2:03.89*	2:09.49*	2:15.09*	2:26.39*	2:37.69*
6:01.49*	5:35.69*	5:09.89*	4:56.99*	4:44.09*	4:31.19*	400 Y IM	4:11.89*	4:23.89*	4:35.79*	4:47.79*	5:11.79*	5:35.79*
17-18 Girls						17-18 Boys						
32.39*	30.09*	27.79*	26.59*	25.49*	24.29*	50 Y Free	21.49*	22.49*	23.49*	24.49*	26.59*	28.59*
1:09.89*	1:04.89*	99.89*	97.39*	94.89*	92.39*	100 Y Free	46.89*	49.19*	51.39*	53.59*	58.09*	1:02.59*
2:30.99*	2:20.29*	2:09.49*	2:04.09*	1:58.69*	1:53.29*	200 Y Free	1:43.29*	1:48.19*	1:53.19*	1:58.09*	2:07.89*	2:17.69*
6:42.39*	6:13.69*	5:44.99*	5:30.59*	5:16.19*	5:01.79*	500 Y Free	4:37.99	4:51.19	5:04.49	5:17.69	5:44.19	6:10.59
13:52.59	12:53.09	11:53.59	11:23.89	10:54.19	10:24.39	1000 Y Free	9:40.89	10:08.49	10:36.19	11:03.89	11:59.19	12:54.49
23:06.19	21:27.19	19:48.19	18:58.69	18:09.19	17:19.69	1650 Y Free	16:08.79	16:54.89	17:41.09	18:27.19	19:59.39	21:31.69
1:17.19*	1:11.69*	1:06.19*	1:03.39*	1:00.59*	97.89*	100 Y Back	51.79*	54.29*	56.79*	59.19*	1:04.19*	1:09.09*
2:47.29*	2:35.39*	2:23.39*	2:17.39*	2:11.49*	2:05.49*	200 Y Back	1:52.99	1:58.29	2:03.69	2:09.09	2:19.89	2:30.59
1:27.79*	1:21.49*	1:15.29*	1:12.09*	1:08.99*	1:05.89*	100 Y Breast	59.09	1:01.89	1:04.79	1:07.59	1:13.19	1:18.79
3:09.29*	2:55.79*	2:42.29*	2:35.49*	2:28.69*	2:21.99*	200 Y Breast	2:08.69*	2:14.79*	2:20.89*	2:27.09*	2:39.29*	2:51.59*
1:16.39*	1:10.99*	1:05.49*	1:02.79*	99.99*	97.29*	100 Y Fly	51.29*	53.79*	56.19*	58.69*	1:03.59*	1:08.39*
2:46.49*	2:34.59*	2:22.69*	2:16.69*	2:10.79*	2:04.89*	200 Y Fly	1:53.39</					

Masters Report - by Victoria Kleiber, Penguins Master coordinator

- Penguin parents, have you ever wondered if you could swim a 500 in less than 10 minutes (the JO time for a 500 for 10 and under girls is 8:31!!)? Well now is your chance to give it a go. The Penguins Board recently voted to include Masters dues (\$40 per month) within the PST family max (\$185). That means that any combination of age group swimmers and masters swimmers in the same family would never pay more than \$185. If you have three age groupers, you can probably swim Masters for free *** (or at least a greatly reduced rate.) . If you want more information on how to enroll with our masters program e-mail us from the PST web site masters@penguinswim.org. Masters workouts are weekdays 5:30 am to 7:00 am, and also at 11:30 am to 1:00 pm (also Saturdays 6:30 am to 8:00 am). Give it a go!

*** Fine Print - You are still responsible for registration fees to join U.S. Masters Swimming. Currently the fee is \$40 per year. This includes \$25 for the U.S. Masters annual fee and \$15 for the Pacific Masters Swimming annual fee.

- Calling all lifeguards! Masters swimming will be looking for lifeguards to watch us while we swim at NU. The hours would be from 5:30 AM - 7:00AM Monday - Friday and on Saturdays from 6:30AM - 8:00AM. You can make \$10 an hour. If anybody knows somebody who knows somebody, call Victoria soon @ 913-4428 to create a schedule that works for you (or them). We begin at NU on May 18th.



- Finally, the masters are looking for a family with a boat that may be able to help our relay cross Lake Tahoe on July 18th. Seems like a nice way to spend a summer weekend and help out a bunch of dedicated (crazy?) swimmers.

Coaches Corner - Returning from Break

One of the advantages of year round swimming is that you can take a swimming break and participate in other sports. It is important that Penguins communicate with your coach when you plan to take a long break. Your coach should know the reason for your break and how long you will be gone.

Once you start training with the King group or higher, taking a long break can be detrimental to your training. During your absence, the swimmers that continue to practice consistently (at least four days a week, month after month) will improve their speed, endurance, and stroke technique. While on your break, you will not only miss the training, but you will also fall behind the group, and, catching up can be a huge challenge. The rest of the group will likely have stepped up a notch in their training, whereas you will have slipped back from your previous level, putting you even further behind.

The purpose for this reminder is not to scare anyone into swimming year round, but to let you know what to expect. When you come back, practices will *seem* much harder than you remember and swimmers in your group will *seem* faster to you. This will be a reality; you *will* be out of "swim" shape and your group *will* be faster.

Penguins, before returning, contact your coach to determine whether you can return immediately to your previous group or whether need to train with a different group until your training reaches a level appropriate for you to return to your original group.

Welcome back returning Penguins.

Upcoming meets

Following is a tentative schedule of 2009 meets.

April 2-5	Morgan Hill	Far West SCY Championships (qualified swimmers only)
April 24-26	Folsom	Sierra Marlins Long Course
May 29-31 * change!*	Woodland	Long Course - age group meet
June 6	Lake Berryessa	Open water swim - all groups
June 11-14	Santa Clara	Santa Clara International (qualified swimmers only)
June 13-14 *change*	Yuba City	FRAC - SCY - (age group meet)
June 19-21	Roseville	Jr+ CCA Long Course
July 18-19	Chico	age group meet
July 23-26 *new*	Roseville	Long Course Junior Olympics
July 24-26	Tahoe	age group meet
Aug 5-9	Hawaii	Western Zones (qualified swimmers)
Aug 7-9	Ukiah or Minden option	High Country League Championship Meet
Aug 10-14	Federal Way	Junior National Championships (qualified swimmers only)
August 16	Donner Lake	Hot August Chill lake swim
Sept 13	Whiskeytown	Open Water Swim
Sept 26-27	PENGUIN PLUNGE !!	
October 9-11	Roseville	All groups
Nov 7-8	Shasta College/Redding	Jr+ and age group open (all groups)
Nov 20-22	Folsom	Sierra Marlins BB+ all groups
Dec 5	Bear River	Dual meet
Dec 11-13	Corvallis	Senior Travel Meet

- OK, everyone pull out your calendars as there have been a few changes. The long course (meters) Junior Olympics has been scheduled for July 23-26 in Roseville. This meet conflicts with the previously scheduled Tahoe meet, which is usually well attended by Penguin families and is a lot of fun. However, if you get a chance to swim a JO meet, you have to consider it, right? To qualify for the long course JOs, you will need qualifying times from a long course meet. The best opportunity to gather those qualifying times is at the May 29-31 Woodland long course age group meet.
- For the Tahoe meet, we have made camping reservations. If anyone still wants to make reservations, go to www.recreationintahoe.com. We are in D loop.



Friendship through sport - *Friendships grow out of many different types of activities, but few cultivate friendships as well as sports, particularly one as demanding and time consuming as swimming. By Tom Slear (for USA Swimming)*

It's one of those incidents that inexplicably lingers in your memory. On the surface, it's silly and pointless, yet over the years it picks up a level of significance that defies reason - unless, of course, you were there and knew the people involved.



"This is my quintessential Jenny Thompson story," says Lea Maurer. Thompson is one of the most successful female Olympic swimmers ever. Maurer, the head women's coach at Stanford, was an Olympian herself. They both swam at Stanford.

During practice one day, Thompson's chewing gum fell to the bottom of the pool. Maurer, in an act that goes beyond gracious, retrieved it. Thompson put the gum in her mouth and then complained, "That's not it - wrong flavor."

The incident remains etched in Maurer's mind some 15 years later.

"These are the people you call when you are getting married, when you have babies," Maurer says. "You may not see them often, but you never forget them. You won't remember your times or your splits, but you will remember the friendships."

For sure, one of the selling points of competitive sports is the friendships. All of the essential bonding elements are in place - the common goals, the shared joy and adversity, and, most important, the extended time together - that breed a willingness, for example, to retrieve a teammate's chewing gum.

"FRIENDSHIPS ARE FRIENDSHIPS"

But we need to be careful here. Too often sports gain attributes that don't pan out in reality. Equating football to war is a common one. Football players might work themselves into such a frenzy before a game that they believe they are about to enter combat, but any veteran who has endured the real thing will attest to the utter foolishness of such a notion.

The same with sports and friendships. The common perception might be that nothing bonds quite like exhausting daily workouts at 5:00 am, or endless wind sprints during a hot August afternoon. But, as Dave Feigley, chairman of the Department of Science and Sports Studies at Rutgers University and founder of the Youth Sports Research Council, says, "I believe that sports are no different than the marching band or the debate club when it comes to forming friendships. It's just that sports attract more kids."

Feigley is convinced that the strength of a friendship is a direct function of the amount of time spent together. Swimmers connect mostly because of the lengthy practices they endure. But are the attachments any stronger than those formed by students in a drama club that stages three or four theatrical performances a year?

"Friendships are friendships," Feigley says. "It would be a mistake to say that only sports can do it. I don't have much contact with my high school teammates. We have gone off in different directions. How is that any different from neighbors I have been friends with who have moved to other places?"

Neil Walker, the two-time Olympic swimmer ('00, '04) and University of Texas graduate supports Feigley's contention to some degree. College coaches recruit athletes based on how much they will help the program. The standard is physical talent, not personal chemistry. It's a stretch to assume 15 to 20 swimmers from many different areas of the country will come together to form one big, happy family.

What they will do, Walker says, is put their differences aside to pursue the common goal, which for the men's program at Texas was to win a national collegiate championship.

"We learned," Walker says, "to work with folks we didn't necessarily get along with that well."

Yet Walker is like Maurer in that when he looks back over his competitive swimming career, he doesn't remember the Olympic medals or the national championships, but the friendships he formed as far back as when he competed for a club team in Wisconsin.

AUTOMATIC RESPECT

It was not only the inordinate amount of time spent together, Walker says, but also the enormous workload. Perhaps athletes in other sports work harder, but most swimmers don't buy it. What other sport imposes a twice-a-day practice regime throughout most of the year? What other sport demands exhaustion at nearly every practice?

"There is an automatic respect swimmers have for one another because they know how hard they work," Walker says. "This happens even at the international level. Once you meet swimmers from other countries, you stay friends for a long time because we all know the effort involved."

Perhaps the safest conclusion regarding sports and friendships is that the two are like the beach and vacation – they fit together well, provided other factors are in play, such as good weather and a comfortable water temperature.

"Sports lend themselves well to the elements of friendship," says Tom Raedeke, associate professor in the Department of Exercise and Sports Science at East Carolina University. "Being part of a team lays the foundation by spending a lot of time together, pursuing a common goal, and sharing the triumphs. But there also has to be group identity. This is where a coach plays an important role. There can't be cliques. When that happens, some of the athletes will feel left out. And while competition among teammates will improve individual and team performance, it can't be so strong that the rivalries have the athletes looking over their shoulders."



SELFLESS AMBITION

Dan Doyle, the founder and executive director of the Institute for International Sport, will meet this year once again with his teammates from the basketball team that won the 1963 New England Catholic grammar school championship. Granted, some aren't around any longer. One was killed in Vietnam. Another has passed away. But seven of the remaining 10 stay in touch even after 45 years, and five will attend the upcoming reunion.

Maybe a marching band, or a debate club, can promote that kind of longevity, but Doyle has his doubts.

"Other activities can foster friendships," he says, "but they don't produce the spectrum of emotions that sports do. There's that special effort to succeed. The physical exertion adds to this, so that you have a physical and mental bonding. This is what people most remember, when they were pushed the hardest, when they strove for something very special. And while these memories are being formed, so are the friendships. You grow as a person along with your teammates."

"Most people would say that swimming is an individual sport," says Maurer, "but swimming people would argue that it's both an individual and team sport. I swam because I loved the sport, but I remember it because of the camaraderie."

Penguin Bulletin Board

Upcoming PST Board Meeting
April 15, at 7:00 pm at Sitaline



The Penguin Swim Team is a non-profit organization. We welcome all types of in-kind taxable deductible donations. Here are a few items on our wish list.....

Digital pace clocks, back-stroke flags, lights, lane lines, lap counters, heavy duty large EZUP; 12 kickboards, pull-buoys
If you have any questions or donations please contact Stephen Hoffman @ 308-3039.

Raise Funds Year Round with E-Script!

Register at eScrip today. This is the easiest way to fundraise for our swim team! Just go to www.escrip.com, go to "sign-up" and designate the Penguin Swim Team to receive contributions. Our group ID # is 3712655. For more information just log on to www.escrip.com. Don't forget to sign up your grandparents, aunts and uncles, too!!! The Team earns money while you shop at Safeway and other escrip registered stores

Penguin Facts

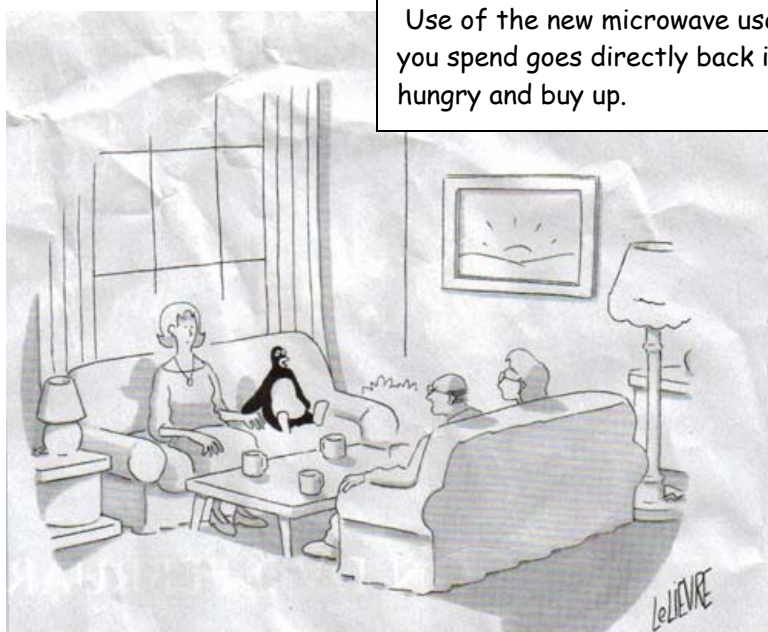
- Penguin is an unofficial symbol of the United States Libertarian Party

Penguin Monthly Dues

Seniors	\$130
Pre Seniors	\$120
King Penguins	\$90
Royal Penguins	\$80
Rockhoppers	\$75
Blue Penguins	\$65
Masters	\$40

For families with more than one swimmer, there is a \$10 discount for the second swimmer. Monthly family maximum is \$185. Please remember that dues should be paid before the month starts. If you plan to be out of the water for any month, please fill out the "suspension of dues" form found in the file box in the office area at the pool.

The Penguin Swim Team Snack Bar is Open - For \$1.00 you can select such gourmet foods as top ramen, hot chocolate or beef jerky. Use of the new microwave use included with purchase!!! Every dollar you spend goes directly back into the Penguin Swim Team. So come hungry and buy up.



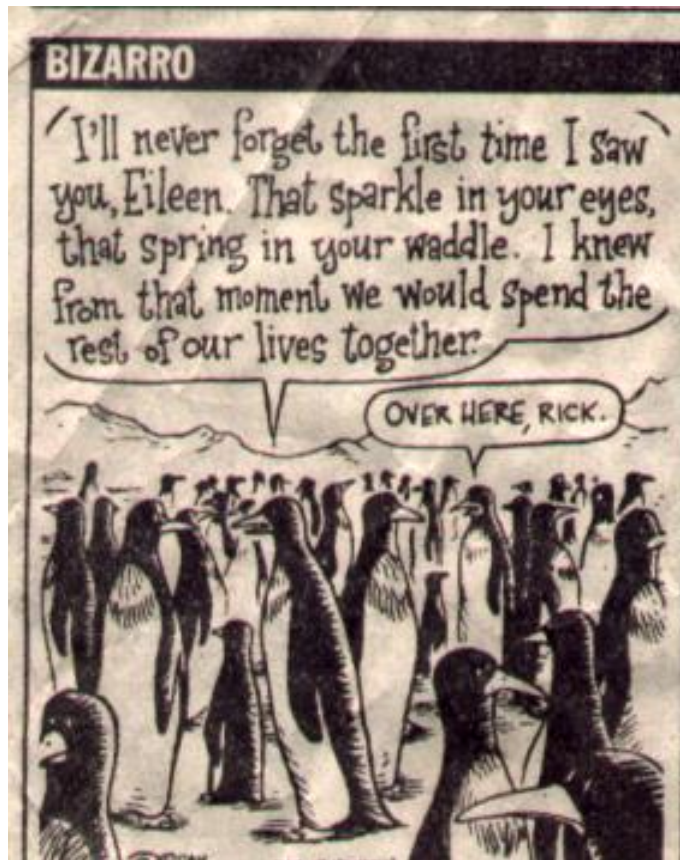
"Actually, I prefer the term Artic American."

What does LSC mean? LSC stands for Local Swimming Committee. The Penguin's Local Swimming Committee is Sierra Nevada Swimming. Other Local Swimming Committees in California include Central California Swimming, Pacific Swimming, and Southern California Swimming. Within the United States, there are fifty-nine (59) Local Swimming Committees (LSCs). Each LSC is responsible for administering USA Swimming activities in a defined geographical area and has its own set of bylaws under which it operates. A House of Delegates with representation of athletes, coaches, members of the Board of Directors and clubs is responsible for managing the business affairs of the LSC.

NEW PRACTICE SCHEDULE @ Memorial Pool

The new schedule reflects the start of dryland for Kings, plus a change for the Blues. For schedule updates go to www.penguinswim.org or call the DIVE line: 265-DIVE

Laura	Seth	Heidi	Jeff	John	Larry	Larry/Jeff
	Mon	Tuesday	Wed	Thursday	Friday	Saturday
Blue Adv.		4:45-5:30		4:45-5:30	4:00-4:45	
Rock Hopper	5:15-6:15	6:15-7:15	5:15-6:15	6:15-7:15	6:00-7:00	
Royal	4:00-5:15	5:30-6:45	4:00-5:15	5:30-6:45	4:45-6:00	
King	4:45-6:15	4:45-6:15	4:45-6:15	4:45-6:15	5:15-6:45	
Pre/Senior	NU	3:00-4:45	NU	3:00-4:45	NU	NU
Kings Dryland	4:00-4:45		4:00-4:45			





Penguin Directory

Board of Directors

President	Stephen Hoffman	308-3039	stillness5599@att.net
Vice President	Brian Rhodes	273-0617	brianrhodes4@comcast.net
Secretary	Fran Haulman	470-0934	fhaulman@comcast.net
Treasurer	Jan Pattee	272-9619	jep@sbcglobal.net
Director-at-Large	Katherine Keenan	265-4471	sharpiegrey@gmail.com
Director-at-Large	Tommy Herbert		toh@sbcglobal.net
Director-at-Large	Frank Mondok		mondokf@comcast.net
Director-at-Large	Steve Castleberry	470-9188	castleberry@sbcglobal.net
Director-at-Large	Dean Kruschke		sadean1997@att.net
Director-at-Large	vacant		

Coaches

(Team phone)		265-DIVE	
Head Coaches	Jeff Kirkpatrick	432-8330	heidijeff@live.com
	Heidi Kirkpatrick	432-8330	heidijeff@live.com
Senior Group Coaches	John Sultan	271-2075 (home)	swimjunkies@cebridge.net
	Larry Gruver		larrygruver1@aol.com
Age Group Coach	Laura Winter	559-3032	luwa27@msn.com
	Seth Derrick		sethderrick@gmail.com

Committee Chairs

Awards	Brian Rhodes	273-0617	brianrhodes4@comcast.net
Dues payment website			www.swimstore.webs.com
Registration and Dues	Dean Kruschke		sadean1997@att.net
USA Swimming Registration	Brian Rhodes	273-0617	brianrhodes4@comcast.net
Fundraising	Cindy Pawlowski	265-8321	cpaw19ski@yahoo.com
LSC Representative	Steve Baker	272-8421	sbaker@dbpwlaw.com
	Christine Ingersoll		
Master Liason	Victoria Kleiber.		victoriak@sncs.org
Printing	Tamara Haas		thaas@ncws.com
Moonlight Madness	Katherine Keenan	265-4471	sharpiegrey@gmail.com
Moonlight Madness	Cindy Pawlowski	265-8321	cpaw19ski@yahoo.com
Newsletter	Steve Castleberry	470-9188	castleberry@sbcglobal.net
Officials	Brian Rhodes	273-0617	brianrhodes4@comcast.net
Penguin Store	Brian Rhodes	273-0617	brianrhodes4@comcast.net
			www.swimstore.webs.com
Publicity			
Records			
Recruiting			
Safety	Chuck Chase		chickranger@gmail.com
Social	Katherine Keenan	265-4471	sharpiegrey@gmail.com
Swim Lessons	Jill Frank		jfranks@hotmail.com
Team Orientation	Steve Baker	272-8421	sbaker@dbpwlaw.com
Webmaster	Nathaniel Ingersoll		webmaster@penguinswim.org

Earned at USA Swimming Sanctioned Meets

12 and Under Swimmers

2008/2009

List prepared by Brian Rhodes

Folsom

Junior

Season

<u>Name</u>	<u>Age</u>	<u>Age Group</u>	<u>Meet</u>	<u>Olympics</u>	<u>Total</u>
ALBERTS, JENNIFER	12.9	11-12 Girls	2		24
ALBERTS, JUSTIN	10.5	9-10 Boys	2		4
ARENCHILD, BENJAMIN	7.8	8 and U Boys			3
ARENCHILD, KATE	11.8	11-12 Girls			6
ARENCHILD, TERA	9.7	9-10 Girls			6
BAKER, GRACE	12.1	11-12 Girls			14
BRENNAN, DANIEL	8.5	8 and U Boys			2
BRENNAN, SARAH	10.3	9-10 Girls			2
BROUWER, ABIGAIL	11.4	11-12 Girls			12
BROUWER, CALVIN	9.4	9-10 Boys			9
CASTLEBERRY, KEI	9.3	9-10 Girls			1
CHAMBERS, CHRIS	9.9	9-10 Boys			1
DUNBAR, DELAYNEE	4.9	8 and U Girls			2
DUNBAR, EMERSON	7.1	8 and U Girls			4
GARDNER, ALYSSA	10.5	9-10 Girls			7
GIULIANI, DOMINIC	11.7	11-12 Boys		4	14
GOODNOW, SARAH	11.3	11-12 Girls			2
HERRON, KATE	8.9	8 and U Girls			21
HORTON, BELLA	9.2	9-10 Girls	3		3
KING, JEANIE	12.7	11-12 Girls			4
KOHLER, DYLAN	11.9	11-12 Boys			4
KOHLER, OLIVIA	10.1	9-10 Girls			3
KRUSCHKE, SAMANTHA	10.8	9-10 Girls	7		26
LATTER, SHAWNA	10.3	9-10 Girls			5
LEE, FORREST	11.2	11-12 Boys			5
LUNDMARK, NATALIE	9.4	9-10 Girls			6
MARTINEZ, KEELEY	10.1	9-10 Girls			1
MAYOL, NICHOLAS	11.3	11-12 Boys			4
MCKENZIE, MARINA	12.4	11-12 Girls			10
MCLAIN, BENJAMIN	12.7	11-12 Boys	7		17
MOULE, JACOB	10.4	9-10 Boys			1
NARAMORE, JESSIE	9.6	9-10 Girls			9
PARDINI, ANDREW	10.1	9-10 Boys			4
PAWLOWSKI, TANNER	11.7	11-12 Boys			5
PRICE-TISON, ANIKA	9.8	9-10 Girls	2		7
RHODES, MACEY	8.0	8 and U Girls			7
RICHNAK, SOPHIE	11.9	11-12 Girls			5
RICHNAK, TANNER	9.6	9-10 Boys			4
ROMINGER, DEREK	12.5	11-12 Boys			2
ROSS, OLIVIA	10.2	9-10 Girls			1
SHARP, JARED	10.9	9-10 Boys			2
SHARP, MEGAN	12.8	11-12 Girls			3
SUENRAM, GRACE	9.4	9-10 Girls			2
TOLES, MCKENNA	10.4	9-10 Girls	8		15
WARA, ARLETTY	9.0	9-10 Girls			5